STRENGTH PROGRAMME WEEKS 17-24

STRENGTH PROGRAMME WEEKS 17-24 (40 MINS)									
Perform 'Fab Four' Mobility Exercises and Activation Exercises prior to completing this programme.									
EXERCISE	WEEKS 17&18		WEEKS 19&20		WEEKS 21&22		WEEKS 23&24		REST
	SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS	
1a. Goblet Squat (Hold for 5secs in bottom position)	3	8	3	10	4	12	4	15	
1b. Full Press Up (Record your score on the sheet)	3	Max	3	Max	4	Max	4	Max	60secs
2a. Goblet Hold Rear Foot Elevated Split Squat (reps are for each side)	3	8	3	10	4	12	4	15	
2b. Single Leg Squat Holding Netball (reps are for each side)	3	8	3	10	4	12	4	15	60secs
3. Single Leg Squat from Bench (reps are for each side)	3	8	3	10	4	12	4	15	60secs

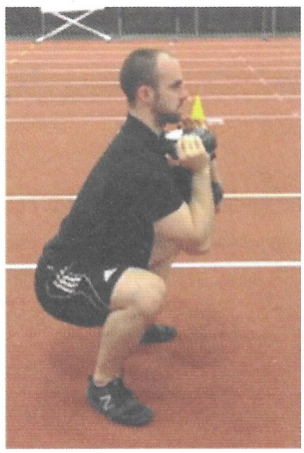
POST SESSION TRUNK CONDITIONING (10-15MINS)					
EXERCISE	WEEKS 17&18	WEEKS 19&20	WEEKS 21&22	WEEKS 23&24	REST
	REPS/TIME	REPS/TIME	REPS/TIME	REPS/TIME	
1a. Travelling Front Plank	30s	30s	35s	35s	n/a
1b. Adductor Raises	30s each side	30s each side	35s each side	35s each side	n/a
1c. Press Up Elbow Taps	30s	30s	35s	35s	n/a
PERFORM 2 ROUNDS OF THE ABOVE					

PICTURES OF STRENGTH EXERCISES FOR WEEKS 17-24

1a. Goblet Squat with 5 sec Pause- Start/ Finish



Transition



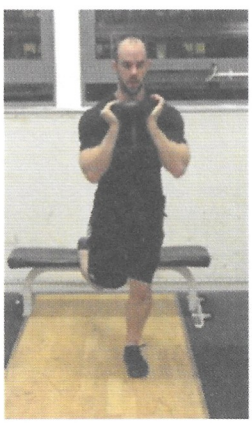
1b. Full Press up- Start/ Finish



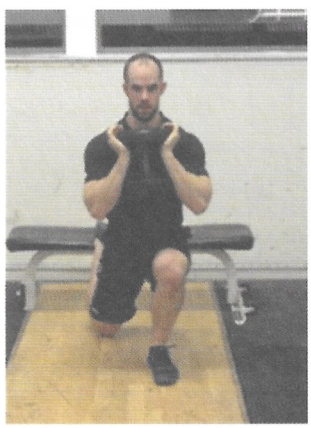
Transition



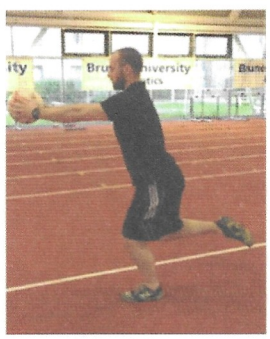
2a. Goblet Hold RFE Split Squat- Start/ Finish



Transition



2b. Single Leg Squat Holding Netball- Start/ Finish



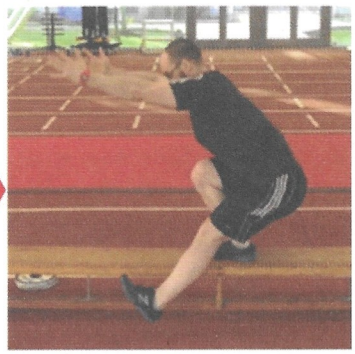
Transition



3. Single Leg Squat from Bench- Start/ Finish



Transition



PICTURES OF TRUNK STRENGTH EXERCISES FOR WEEKS 17-24

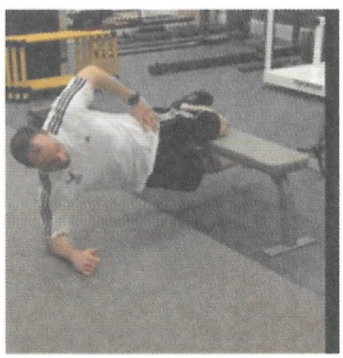
1a. Travelling Plank- Left Arm Forward



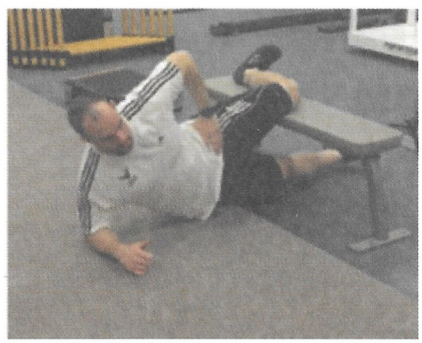
Right Arm Forward



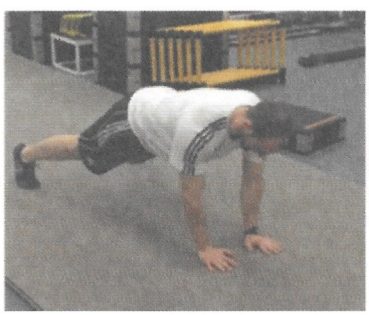
1b. Adductor Raises- Start/ Finish



Transition



1c. Press Up Elbow Taps- Start/ Finish



Transition

